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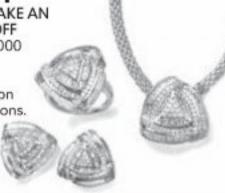
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SUPER FOOD FOR THE SUPER BOWL

WHERE TO HANG OUT WHILE YOU STRESS-EAT. PAGES 12-13







troBOS | f: MetroBoston

Vietnamese in Dot will be telling their tales

PAGES 4-5

Jude Law is an ocean man in 'Black Sea'



A new approach to natural skincare

PAGE 11



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Patriots cornerback Darrelle Revis will be playing in his first Super Bowl this Sunday. / GETTY IMAGES

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- 2 Second Shift: How to live making every minute count
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On the go

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A homeowner in Marshfield was injured when his house partially collapsed. Right: Southie shovels out. Top: Arthur Hale and Mark Malone board up their home in Marshfield. / NICOLAUS CZARNECKI, METRI

City weathers two feet in 36 hours

Blizzard. Boston digs out from the winter's biggest snowfall.

Boston weathered the sixth largest storm in its recorded history, City Hall said on Wednesday.

blizzard, brought 24.6 inches of snow in a day-and-a-half, according to Boston Mayor Marty Walsh, citing the National Weather Service.

The MBTA was open for business Wednesday after T service was suspended all day Tuesday. The state's courts, however, remained closed. Flights in and out of Logan flights were set to resume Wednesday afternoon.

At least 5,000 utility customers in the state remained without power Wednesday morning.

Gov. Charlie Baker defended his travel ban - where he barred travel in some parts of the state from midnight Monday to midnight Tuesday saying all the forecasts indicated this was going to be a

More snow on the way?

Boston could be in for more snow before the week is out.

- · As the city recovers from one of the largest blizzards in its history, some forecasts are predicting Thursday night into early Friday could bring three inches of accumulation. The National Weather Service puts the chance of snow for Friday at 80 percent.
- And more snow could be on tap for Super Bowl Sunday. While the Pats battle the Seattle Seahawks in Arizona, Massachusetts could be buried under another foot of snow. The National Weather Service pegs the chances of snow at 50 percent and forecasts a low of 13 degrees during Superbowl after-game celebrations Sunday night.

storm of historic proportions. He said he does not want a travel ban to be the first option "whenever we have a snowstorm. ...

"I don't view this as something you would do except in extreme circumstances," he

Speaking at a noontime press conference, Baker said he was not aware of a single storm-related fatality in Massachusetts.

The storm caused some flooding along the coastline. In Marshfield, the storm damaged several homes near the shoreline and a section of seawall collapsed.

Boston's mayor implored city residents to be patient with snow removal as crews continued to work Wednesday to dig the city out.

"We will get to you," the mayor said.

Boston Public Works Commissioner Michael Dennehy said he did not know how many of the city's streets were still impassable as of 12:15 p.m. Dennehy said the city would be using two snow melting machines to reduce large drifts and piles of snow in the city. The city's emergency parking ban ended at 5 p.m. Wednesday.

Walsh, meanwhile, said did not have a cost estimate for the city's response to the storm.

Asked how he would handle the issue of space savers where residents shovel out a spot and then reserve it with a chair or other object - the mayor avoided weighing in on the subject.

"We just had a blizzard, I'm not going to say how long the space savers are going to be there," he said.

While past winters have been filled with stories of arguments and physical altercations over space saving practices in the city, Walsh said he did not foresee it being a problem in the city since many cars are still buried under snow.

He implored Bostonians to treat their neighbors with respect.

He added, "This gets blown out of proportion every single year.'



DANNY MCDONALD @DMacCash

Cold feat

Mayhem charge for Arlington senior in snowblower attack

Police say 61-year-old Arlington resident Barbara Davis attacked her neighbor with a handheld snowblower during Tuesday's blizzard, leaving her with a lacerated foot.

Davis and the victim own condos next to one another, and an argument was sparked as Davis was removing snow. The victim apparently objected to Davis blowing snow to her side of the property line.

Davis then swore at the victim, made fake punching gestures toward her before using the snowblower to run over the victim's right foot. The victim was wearing only a sock.

The victim had a harassment protection order against Davis, who now faces charges of violating the order, assault and battery with a dangerous weapon, and mayhem. She was ordered held on \$35,040 cash bail.

"Emotions may run high during a historic weather event like the blizzard we just endured, but that is no excuse for violence," said Arlington Police Chief Frederick Ryan. DANNY MCDONALD

Budget. Boston young'uns to play with \$1 million for projects to aid youth

For the second year in a row, thousands of Bostonians between the ages of 12 and 25 will decide how to spend \$1 million in city money.

Mayor Marty Walsh Wednesday said the Youth Participatory Budgeting Process will give \$1 million to Youth Lead the Change.

"We are training the next generation of leaders to think critically about how government can better serve our residents," said Walsh.

Last year, young people voted to fund seven projects that enhanced community parks, installed security cameras, gave Chromebooks to Boston Public Schools, and funded a skateboard feasibility study.

"This is empowering young people not only to understand the process, but what it means to work on a capital project and see how it gets designed and implemented," said Shari Davis, Executive Director of the Department of Youth Engagement and Employment.

"Last year, I went to an as-



Thinking caps

Youth Lead the Change hosts brainstorming sessions.

Two are set for Thursday:

- 3:30 p.m. at Boston Chinatown Neighborhood Center
- 4:30 p.m. at Hyde Square Task Force, Jamaica Plain

sembly in South Boston at the Condon Community Center to brainstorm ideas," said Stephen Lafume, a high school student in Boston. "I really liked the idea that the mayor trusted the youth with how to spend a million dollars. Later, I applied to join the Mayor's Youth Council. I was skeptical at first, but it turned out to be really fun." Ideas will be culled this spring, and youths will vote on the projects in May.

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Investigation

Body parts on Swampscott beach

Authorities are investigating after a person walking along a Swampscott beach stumbled upon body parts, Essex District Attorney Jonathan Blodgett said.

"A civilian walking on Kings Beach this morning reported finding body parts to Swampscott Police. The body parts were found near a lobster trap that appears to have washed up on shore," Blodgett said in a released statement.

The remains reportedly consisted of bones and a skull.

The identity is unknown. The Office of the Chief Medical Examiner will examine the remains, Blodgett said.

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Vietnamese in Dot have a tale

Immigrant dreams. A

Dorchester immigrant plans to tell her community's story in a radio documentary.

It's personal for Ngoc Tran Vu.
In 1992, Vu, an Ivy Leagueeducated 26-year old, who
describes herself as a Vietnamese-American refugee, left
Vietnam with six relatives and
immigrated to the U.S. Her
father was South Vietnamese
army lieutenant who spent
eight years in a Communist
internment camp while the
government attempted to reeducate him.

Vu split her youth between



Southie and Dorchester, attended Winsor School near Fenway and college at Brown in Providence.

Now, Vu is collecting the experiences of immigrants like her family, in a project that is focusing on one of the nation's largest and most overlooked refugee groups. She is helping to record the oral histories of both the Vietnamese diaspora in the U.S. and American veterans of the Vietnam War, to create history of their lives that will be stored at the Library of Congress.

Her work is part of public television's American Experience, and was born out of "Last Days in Vietnam," the Oscarnominated documentary that chronicles the fall of Saigon during the Vietnam War. PBS will be airing the film, directed by Rory Kennedy, Robert Kennedy's youngest daughter, later this spring.

Vu has been a coordinator for the First Days Story Project since September when PBS and the filmmakers realized they needed someone with community outreach and organizations in Vietnamese communities in the U.S.

Vu fit that bill. WGBH will be showing "Last Days in Vietnam" in late April, by which time the First Days Story Quoted

"When this project came up I thought it would be a great way to connect voices that had been misrepresented or left out." Ngoc Tran Vu

Project, which is focused on immigrants' and veterans' experiences upon entering or returning to the U.S., should be finished.

Vu will be traveling for the project - originally funded by an Indiegogo campaign - to six cities with big Vietnamese communities: Seattle; San Jose; Westminster, California; Falls Church, Virginia; Houston and Dorchester, where she'll be organizing interviews for the project in mid-March. Dorchester's 20,000 Vietnamese make up about a third of Massachusetts' Vietnamese population.

"When this project came up, I thought it would be a great way to connect voices





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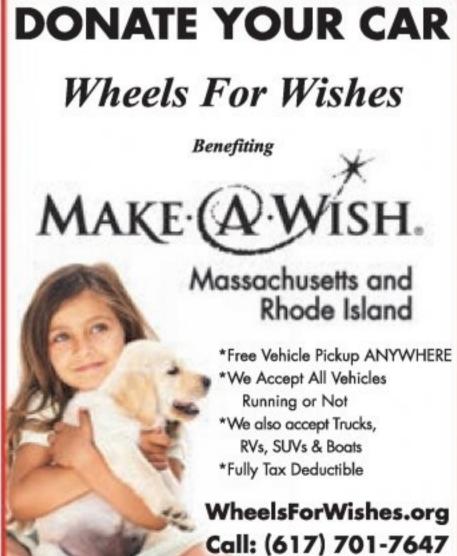
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that had been misrepresented or left out," she said. "For many people, it's been hard to open up. There's the language barrier, cultural isolation and trauma that goes with being a refugee."

The plan, she said, is to have two people — either Vietnamese refugees or American soldiers who fought in Vietnam - talk to each other about their lives for 40 minutes.

The interviews are set up through word of mouth and community outreach. In San Jose, for instance, 19 pairs of people recently took part.

The interviews take place

in community centers or local radio stations. There are guided questions: How did you leave Vietnam? Have you been back? What is the one thing you want your family to know about your experience?

In San Jose, a father broke into tears explaining his refugee experience to his 12-yearold daughter.

An aunt told her niece she tried to escape Vietnam seven times. On the last attempt she was at sea on a boat without food for more than a week.

"The Vietnam War has left an imprint on all of our collective history," Vu said.

Vu, who has a professional

"Growing up, I've heard bits and pieces ... But I know some of it is quite graphic and I know there's some things they haven't told me. I haven't heard the whole story."

"It's been harder than ex-

Vu said she doesn't know

DANNY MCDONALD @DMacCash

Have you experienced a concussion due to an explosion?

background is in community

organizing, expects some of

the interviews to run on NPR's

Morning Edition. Audio for

the interview will have its own

tion between American Ex-

perience and StoryCorps, a

The project is a collabora-

website as well.

Do you sometimes have headaches, trouble sleeping, problems with concentration/memory or moodiness? Are you frustrated that current imaging methods cannot help you understand your symptoms?

nonprofit that tries to "provide

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refugee community has thus

far been reticent and she's

hoping the First Days Story

She says the Vietnamese

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Israel-Hezbollah violence

Two Israeli soldiers, U.N. peacekeeper killed

Two Israeli soldiers and a Spanish peacekeeper were killed on Wednesday in an exchange of fire between Hezbollah and Israel, one of the most violent clashes between the two sides since a 2006 war.

The soldiers were killed when Hezbollah fired five missiles at a convoy of Israeli military vehicles on the frontier with Lebanon.

The peacekeeper, serving with a U.N. monitoring force in southern Lebanon, was killed as Israel responded with air strikes and artillery fire, a U.N. spokesman and Spanish officials said.

Hezbollah said one of its brigades in the area had carried out the attack, which appeared to be in retaliation

"Those behind the attack today will pay the full price"

Israeli Prime Minister Benjamin Netanyahu warned later on Wednesday, in televised remarks as he met with security chiefs.

for a Jan. 18 Israeli air strike in southern Syria that killed several Hezbollah members and an Iranian general.

The Israeli military confirmed the deaths of the soldiers, saying they had been attacked while driving in unmarked civilian vehicles on a road next to the fence that marks the hilly frontier.

Andrea Tenenti, spokesman for the UN Interim Force in Lebanon, which employs more than 10,000 troops, said the peacekeeper's death was under investigation. REUTERS



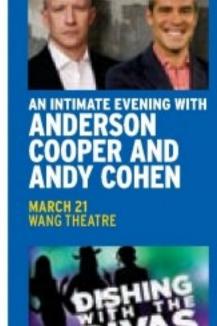
that deserve to be chronicled.

pected to outreach to communities, which makes me feel that this project is important to help open dialogues," Vu said. "Getting people to open up, it's been harder than I expected, but I am optimistic on how meaningful this project is for individuals, families, communities and future generations."

the entire story of her own family's refugee narrative. She hopes to pair her father with an old Vietnamese professor of his when the project comes to Boston, she said.



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fessing up, Jason Alexander is getting into the spirit of winter, Chloe Grace Moretz uses a terrifying hashtag, Samantha Ronson feels technology has failed her and Mindy Kaling is calling it a night.

iamwandasykes: I'm just gonna say it, I've never liked "Always and Forever."

@IJasonAlexander: Finally bought my own ski boots. What a difference! Now my pain and agony belongs truly to me.

@ChloeGMoretz: Just smashed my phone for the 2nd time. These new iPhones break way way easier and faster than the old ones #fingertipsfullofglass

@samantharonson: How is there no app, yet, that lets me know Mercury is in retrograde by breaking my thumbs?

@mindykaling: I finished dessert, let's get the check, I'm sleepy



Sam Smith refuses to name nasty pop stars

In a candid, far-reaching GQ Magazine interview, Grammy nominee Sam Smith reveals his desires to be a pop star - but not, you know, be a "pop star." If that makes any sense. "I don't want to lose my mind or my humor. I want to be a pop star, but I also don't want to be a pop star," he says. "I will never act like some of the current pop stars have acted toward me. We can be friends, you know? We can. It's not a competition. There's space for all of us." Frustratingly, he does not name names, but who wants to make guesses as to which divas he's talking about?



Gabrielle Union doesn't want to talk about her uterus

"Being Mary Jane" star Gabrielle Union takes issue with some of the tactics of those reporting on Hollywood. "The fact that I can do a press junket for a movie and people ask what's happening in my uterus says a lot," the actress — recently seen in Chris Rock's "Top Five" - tells Yahoo Style. "They want 110 percent of what you have to offer." I sincerely hope she's talking about what she as an actress and celebrity has to offer, and not what her uterus has to offer, because that's just weird.



Daily video



The greatest (stupidest) hacking scenes

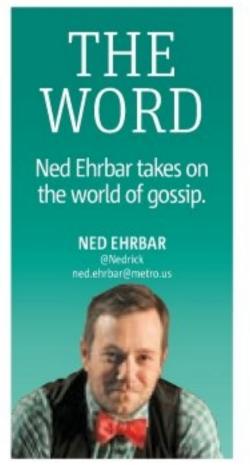
Those lovable scamps at Dorkly present another "Today in Nerd History," this time focusing on the illustrious history of hacking - and highlighting one

little problem: "Most hacking isn't interesting to watch." But that hasn't stopped Hollywood from trying, from films like "Weird Science" to, ahem, "Hackers" to the more recent "Blackhat." But as seasons of "24" have taught us, nerds furiously typing into Telnet windows just aren't that compelling.

It's a no-go for Go Daddy's Super Bowl ad

Domain registration giant Go Daddy has been successfully lowering the bar on Super Bowl ad humor for years, but this time they apparently found out how far is too far. Go Daddy insists it's pulling its latest spot from the big game after numerous complaints from animal rights activists. The Budweiser-spoofing ad features an adorable puppy finding its way back home only to discover its owner is selling it. The company says it will still have a presence at the Super Bowl with a backup ad, but this could all be a well-orchestrated stunt to get more attention. Which I clearly fell for. Dang it.





Jude Law under water

Interview. The Oscar nominee talks about pretending to be on a submarine for 'Black Sea.'

Jude Law isn't too sympathetic if you're an American having trouble grasping his Scottish accent in the new English submarine picture "Black Sea." "Imagine what it's like for us when we watch your films," he playfully charges back. "American accents are sometimes so hard. You have to listen harder." Humor is important when it comes to "Black Sea," a dark thriller in which down-and-out mariners take to a rusty submarine to hunt for Nazi gold on the sea floor. But the film's tone never quite got Law down.

He likes challenges

"Every part in every film has its hurdles. That's often part of the fun. It's not like I said I'd do this film but I don't like confined spaces. ... I love the physical stuff. It was nearly a week we spent on the sea, and towards the end we were getting rather wet. I loved all that stuff. It was hard work, but it's like being a boy, pretending you're on a submarine. I got to do it kind of for real."

That time Law hung out with actual submariners

"There was a lot of singing, a lot of very rude language and insane humor. A lot of ribbing. I went on a royal naval



laugh at it. You couldn't take yourself seriously. Weirdly, that started to seep into us as a team."

Did anyone pick on him?

"EVERY PART IN EVERY FILM HAS

ITS HURDLES. THAT'S OFTEN

PART OF THE FUN," SAYS LAW.

GETTY IMAGES

Does he actually have a favorite role?

"It's always the last one I play. In truth, it really is because it's usually the one I remember best."

Bonus quote

That Scottish accent

"It's a very specific Scottish accent. ... I like the idea of hinting at where he came from. It made sense that he didn't sound like a Southeast Londoner, which is my accent. Nor indeed did we want him, for obvious reasons, to sound rather generally upper

"We wanted him to come from somewhere coastal. I liked that he was an echo of his father's experience at the hands of the powers-that-be. Aberdeen is this coastal town, actually called Granite City, known in the '70s for having this huge dock that was shut down by the govern-

"I had this idea that his father was one of those guys who lost his job and his dignity, and now it's happening to him."





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Top five

Outdoor adventures

Kayaking in the
Everglades
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these trips, including Shurr Adventures (www.shurr adventures.net), based in Everglades City. Expect to see alligators, hawks, dolphins and manatees.

 See manatees in the wild Another place to see manatees is the Manatee Observation and Education Center (www. manatee center.com) in Fort Pierce. Or take a kayaking tour with Manatee Guides (www.mana-

3. Skydiving

teeguides.com).

If you think a roller coaster is the ultimate thrill, try free falling at 120 mph for 35 seconds. Adrenaline365 (www.adrenaline365.com) offers skydiving.

4. Snorkel the Dry Tortugas Dry Tortugas National Park (www.nps.gov/drto) is a group of islands 67 miles west of Key West. It's one of the least accessible national parks, and snorkelers will appreciate the water clarity.

Meet a 'gator
 See alligators and other wildlife on the Aningha Trail, near the entrance to the Everglades
 National Park (www.nps.gov/ever).

When it comes to peace, the silence broken only by the occasional splash of a paddle activities in Florida, and birds calling in the trees. There's many visitors head plenty of hiking, biking and fishing straight for the too, with activities organized by park rangers or approved private theme parks. But companies. southern Florida From any of the main South Florida offers outdoor adventures with

zip lining, skydiving and plenty of

greater than the Everglades, with

its more than 700 square miles of

Drive an hour from Miami and

you're in the Everglades National

Park, where you could kayak in total

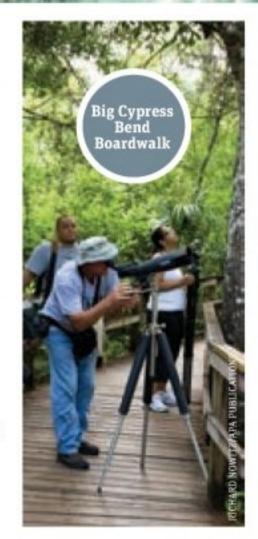
wetland.

other activities. And there's no place

adventures with
thrills way beyond
roller coaster rides.

amous for its alligators and
manatees, South Florida also
has fantastic camping, hiking,

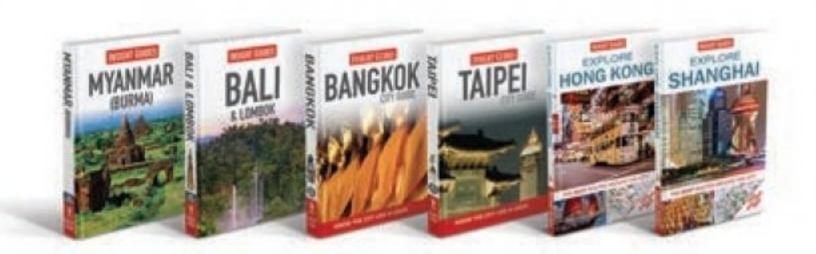
Just 20 minutes from downtown
Fort Myers is Manatee Park (www.
leeparks.org), where you can see
these gentle giants from November to
March. Companies like See Manatees
(www.see-manatees.com) also offer
boat trips guaranteeing sightings.
INSIGHT GUIDES / MIKE GERRARD
AND DONNA DAILEY







INSIGHT GUIDES www.insightguides.com



Romance and wine in the Finger Lakes

Weary of winter's gray doldrums? Ready for an escape to wineries, intimate hideaways and pampering without needing a plane ticket or passport? New York's Finger Lakes region promises just that.

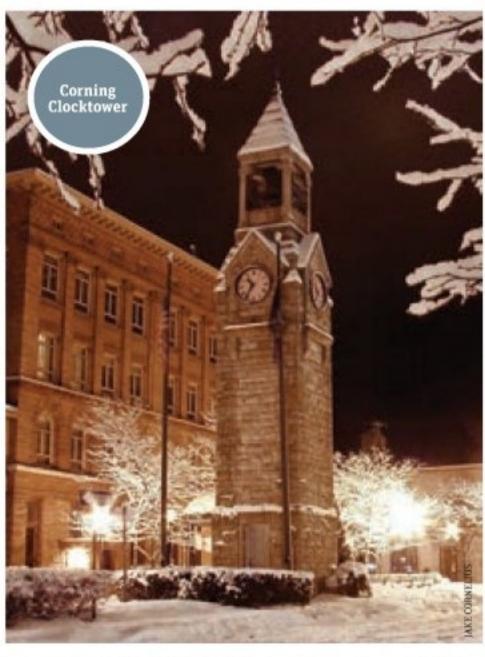
n this pristinely beautiful part of New York State, B&Bs and country inns dot the landscape. Colonial farmhouses, rustic lodges and lovingly restored Victorian mansions offer scenic views, romantic ambiance and lavish amenities.

The region's spas are the perfect place to rejuvenate from the season's excesses. There are the usual array of massages, facials and manicures, but the real fun comes from trying each spa's unique treatments. Fancy a seaweed body wrap? How about a pecan pie exfoliation scrub?

With over 100 wineries, the Finger Lakes is New York's largest wineproducing region. The wines are well respected, but because most of the wineries are small, they generally have only local distribution. Three self-guided wine trails lead you to nearly 60 wineries (and one cidery), while a separate trail covers microbrews and distilleries. Visit www.fingerlakes winecountry.com for

Corning is the area's arts and shopping hub. The restored Victorian buildings on Market Street house over 100 antique emporiums, music stores, art galleries and

stores, art galleries and specialty shops. Corning's economy was built on glass-blowing, and The Corning Museum (www.cmog.org) is



a testament to its history. The Rockwell Museum (www.rockwellmuseum .org) explores the American experience through artists from Frederic Remington to Andy Warhol. For performing arts, check the schedule of performances, concerts and film at

> the Smith Opera House in Geneva (www .thesmith.org).

Tiny Hammondsport is home to the Glenn H. Curtiss Aviation Museum. Curtiss is considered the father of naval aviation, and

the museum is filled with aircraft and a collection of antique motorcycles. Outdoors, Watkins Glen State Park boasts 19 waterfalls, some of which can be seen from the rim trail around the park's gorge. You can also take a moonlight horseback ride through the snowy landscape at Painted Bar Stables.

Diners fret over where to go for meals here, because there are so many options, including barbecue, Irish, Indian, farm-to-table, fusion, tapas at a winery or entrees at a restored train station. There are dozens of packages available that combine accommodations, meals, admissions and tickets for attractions or events. The Corning/Finger Lakes website (www.comingfingerlakes .com) has a comprehensive list, as well as all sorts of other travel advice. INSIGHT GUIDES | FRAN SEVERN







Don't miss

Market Street, Corning
 Head to the Victorian heart of town, with five blocks of shops, galleries and restaurants.

Corning

Museum of Glass

Sign up for a 40-minute make-your-own pendant or ornament class.

Rockwell Museum

Check out the "American experience" as interpreted through the eyes of historic and contemporary artists.

Wineries

More than 50 of the area's 100 wineries have self-guided wine trails.

Tiffany and Treasures Trail

A self-driving tour of artists' studios, with an emphasis on glasswork and pottery. Visit www.corningfingerlakes.com.



From farm to beauty cabinet

Natural skincare.

Expert Tata Harper on why going organic is easier (and more effective) than you think.

Don't kill us. You're about to rethink your favorite beauty products.

"A lot the ingredients [in cosmetics] are used in the car industry. Chemical emulsifiers, battery acids — and the sad part is, these ingredients aren't there to make you beautiful, but to make the product work," says natural skincare expert, Tata Harper.

"They are super cheap industrial chemicals. But they make the formula feel amazing and last 12 years on the shelf without going bad."

Harper, a favorite among beauty insiders, came to this realization after her step-father was diagnosed with cancer. "I ended up going to wellness centers and it really opened up my eyes to how important it is that the things we use everyday are completely non-toxic."

The former industrial engineer had found her calling. She then spent five years working with biologist and chemists to perfect her high performing synthetic-free formulas. She now produces everything for her eponymous skincare line — from the botanical ingredients to

packaging material — from her 1,200 acre certified organic farm in Vermont. We chatted with Harper about advances in natural beauty and when we should start slathering on anti-aging products.

For people who want to switch to natural products, where should they start?

Whether you're using natural or any other product, I always say start with things like cleansers, toners or masks. These are not a big financial commitment and will give you an idea on if you're going to like the products overall. I also say start with things that are not huge anti-aging pieces of the puzzle. It's not your eye cream, your serum or your moisturizers.

What natural ingredients are you loving?

The most impressive are the new neuropeptides. They basically give you the effects of Botox. You feel complete relaxation of your muscle, obviously not of your full muscle,



Visit Metro.us
Tata Harper shares
her recipe for a
homemade face mask.

Why you should switch

"Now there's a huge movement around the world with people trying to live better and make better choices to improve their quality of life," says Harper. "When [natural products first launched] you found them in apothecaries and supermarkets, but now natural technology has really taken off and you can do almost anything you can do with synthetics, with natural alternatives. And the thing is they'll make you beautiful and keep you healthy."

which is great because that you don't lose expression in your face. But you get a relaxation of the wrinkle.

What are some advances in natural skincare right now?

Now you can find a lot of natural stem cells, which help regenerate the skin. Also, there's a lot of plumping ingredients. They're kind of like fillers but applied topically. And what happens is they go to your hypodermis, like your fat cells, and basically make your fat cells fatter and pump up the volume from within. You can find that in our product Elixir Vitae.

At what age should people start using anti-aging



products?

I think late 30s would be a good time because when you're trying to fight aging, you want to be really proactive. You don't just want start using serums when you're already full of wrinkles. What's the most important part of a beauty regime?

There's nothing more important than serums or eye creams. Those two things are your real workhorses for the skin to drive collagen and anti-aging benefits. But the reality is if you don't clean your skin well and you don't exfoliate, 70 percent of those serums are never going penetrate. A good cleansing/ exfoliation is vital.



TINA CHADHA @TinaatMetro tina.chadha@metro.us



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SPONSORED LISTINGS



'Defending the Caveman'

Running for six shows Feb. 13-15 Regent Theatre 7 Medford St., Arlington Tickets on sale now at regenttheatre.com or by calling 781-646-4849

Valentine's Day 2015 at the Regent brings "Defending the Caveman," which holds the record as the longest-running solo play in Broadway history! A hilariously insightful play about the ways men and women relate, "Cave-man" has both sexes roaring with laughter and recognition.



'Men Are from Mars, Women Are from Venus LIVE'

Feb. 12-15 Playing the Larcom Theatre in downtown Beverly. Tickets are on sale now at Larcomtheatre.com or by calling 617-531-1257

The hit book is now a hit show! 'Men Are From Mars, Women Are From Venus LIVE!', the one-man fusion of theater and stand-up starring Peter Story, is a lighthearted theatrical comedy based on The New York Times No. 1 best-selling book of the last decade by John Gray. Moving swiftly through a series of vignettes, the show covers everything from dating and marriage to the bedroom.

Where to watch the Pats

Restaurants. Why cook up your own Super Bowl food when you can get some sweet deals by going out?

You've survived a blizzard, the Boston yeti and Deflate-gate, which can only mean one thing: It's finally time for the Super Bowl. If you're just now emerging from your winter storm hibernation and you're not sure where to go, don't worry. We've got a few places you can watch your Pats take on the Seahawks, and get something tasty to eat, too.

Papagayo

Multiple locations, www .papagayorestaurants.com

Papagayo is feeling pretty confident about the Pats' chances. If the team wins, you can eat free. You have to get there by kickoff and order at least one drink, but after that, you can focus on the thought of free food and sweet victory. And hey, even if the Pats don't emerge on top, your meal is still half-price. Reservations are mandatory.

Sweet Cheeks

1381 Boylston St., www. sweetcheeksq.com

Nothing says football like barbecue, right? This South End barbecue joint is offering a special \$30 deal to come watch the game and get almost anything





on the menu, including drinks, entrees, sides and desserts. Reservations recommended.

Brass Union

70 Union Square, Somerville, www.brassunion.com

Brass Union is getting a special new 70-inch flat-screen TV to watch the game, and they're planning to rearrange all the couches to create that special theater effect. This might be a good option if you have friends who aren't that into football the bar's trademark shuffleboard will still be available if anyone needs a break from watching the game.

Cask'n Flagon

62 Brookline Ave., www .casknflagon.com

This bar is doing a special charitable drive in honor of Deflate-gate: Bring in a football, and they'll donate it to Good Sports, an organization providing gaming equipment to underprivileged kids, and you'll earn yourself a free appetizer. Plus, they have a special Gronk cocktail, made with vodka, lemon juice, blue curacao, grenadine and simple syrup.



LISA WEIDENFELD @LisaWeidenfeld

MUSIC

Color Sweep

Thursday, 7 p.m. Community Music Center of Boston 34 Warrenton St., Boston \$15-\$20, 617-254-4133

www.newgalleryconcertseries.org The New Gallery Concert Series, pairing contemporary music and contemporary art, continues this week with the bright, bold abstract images of Suzy Marden, and musical performances by Claudia Eliaza (voice), Irina Muresanu (violin), Sarah Bob and Maxim Lubarsky (piano), Aaron Trant (drums), Dave Landoni (bass) and the percussion group Trio Okho. Composers include Dan Dediu, Elena Ruehr, Melody Gardot and Fritz Hauser.

COMEDY

BlackNificent

\$10-\$20, 617-547-8300

Thursday, 8:30 p.m. Oberon 2 Arrow St., Cambridge

www.americanreperotorytheater.org Up-and-coming local African-American comics Tawanda Gona, Jason Cordova, Shaun Bedgood, Nick Chambers, Kofi Thomas and Felonius Munk will hand off the mic to one another at this standup show. Munk, a late addition to the lineup, will be a definite highlight. He does a vlog called "Stop it BI", providing his unique take on political and social issues with an unmistakable directness.

Continues on page 13

'Nanook of the North'

MOVIES

Friday, 7 p.m. Harvard Film Archive 24 Quincy St., Cambridge \$7-\$9, 617-495-4700 hcl.harvard.edu/hfa

Directed by pioneering filmmaker Robert Flaherty and released in 1922, this silent semi-documentary captures the lives of the Inuit people of the Hudson Bay.



my metro

BOOKS

Sarah Chayes

Friday, 12 p.m. Boston Athanaeum 10.5 Beacon St., Boston Free, 617-227-0270

www.bostonathenaeum.org

Chayes, a former advisor to the Joint Chiefs of Staff, will discuss her book "Thieves of State," in which she identifies government corruption as a key cause of the kinds of external aggression, from terrorism to drug wars, that we typically think of as civilization's gravest human-caused threats. She returns to the old philosophers as well as current events to make her case.

TALKS

K-T Mass Extinction: What Really Killed the Dinosaurs?

Tuesday, 6 p.m.
Geological Lecture Hall, Harvard
Museum of Natural History
24 Oxford St., Cambridge
Free, 617-495-3025
Hmnh.harvard.edu
Of all the popular mysteries of science, few hold as much fascination

DANCE



NICOLE TOMASELLI, SHORT PHOTO CO

Dance Takeover

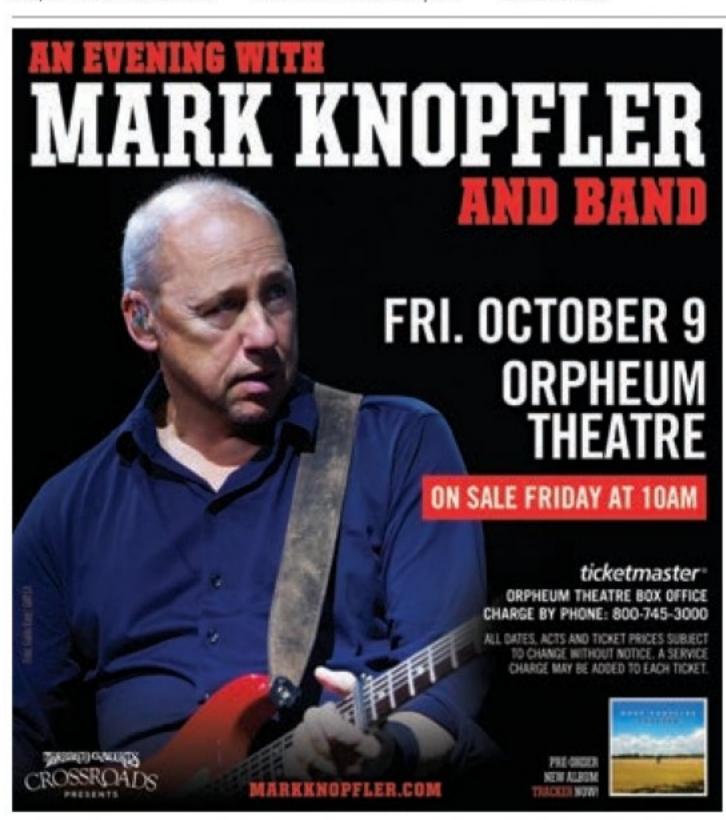
Saturday, 6 p.m.

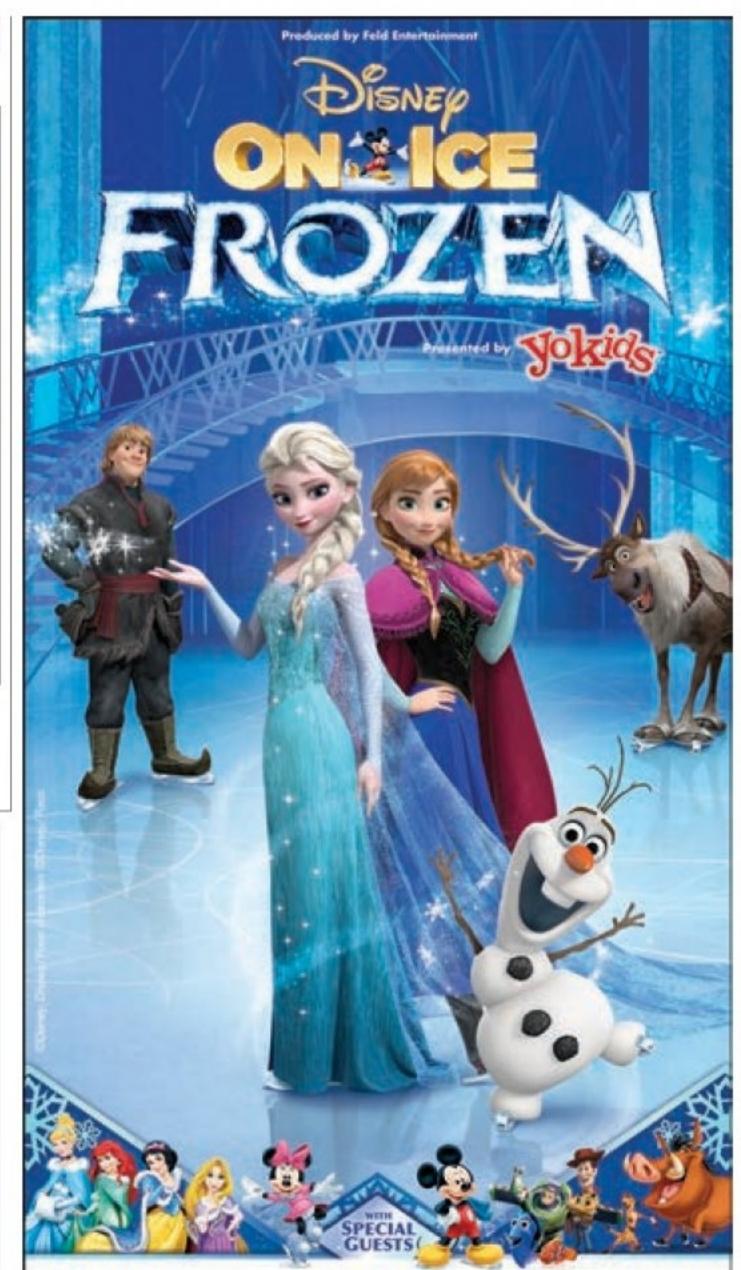
Aeronaut Brewing Company, 14 Tyler St., Somerville; Free, 781-330-0535; www.intimationsdance.com

Blurring the lines between a night out and a dance concert, this evening includes live video projections by VI Alex Ezorsky, dance performances by Imitations Dance and Paradise Lost: A Movement Collective, followed by a dance party. For the hungry and thirsty, there's a food truck till 11 p.m. and, of course, beer, because this is taking place at a brewery, after all.

as "What killed the dinosaurs?" At this talk, Berkeley professor Mark Richards will discuss the latest evidence, proposing a theory that a series of violent volcanic eruptions occurred simultaneously with the giant meteor impact we're more familiar with, kicking off a catastrophic climate change process.

MATTHEW DINARO





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On sale Friday

New Kids on the Block

June 24, TD Garden

Rush

June 23, TD Garden

The Used

April 29, House of Blues

Sufjan Stevens

May 4, Wang Theatre

Faith No More

May 11, Orpheum Theatre

Mark Knopfler

Oct. 9, Orpheum Theatre

Paramore

May 5, Wang Theatre

Kaiser Chiefs

May 15, House of Blues

Mountain Goats

April 14, House of Blues

Hermitude

March 12, Brighton Music Hall

Cashmere Cat

March 13, Paradise



There are new Sheriffs in town

Live Music. Local band proves that Boston is ready to be a little bit country and a little bit rock 'n' roll.

One of the rules of the local rock scene has always been that a band shouldn't play two local gigs at different clubs within two weeks of each other. The logic goes that it waters down the crowd at both shows. Dalton and the Sheriffs break this law on a weekly basis. One of the reasons they're able to get away with it is that Dalton and the Sheriffs aren't exactly part of the local rock scene. These guys are cowboys on the wild frontier of the local country scene.

"We have eight shows scheduled in four days this weekend," says singer Brian Scully. "I've just always believed that if you're doing your job and working hard and playing what people want to hear and bringing in a crowd, it works out."

It does indeed seem to be working out. Scully cut his teeth in that aforementioned rock scene for nearly a decade, playing in bands he says you wouldn't remember. "This band right now is a good eight years of being in bands and making mistakes," he says. When the legendary local rock radio station WBCN folded in 2009, Scully had a revelation.



"That was a seminal rock station in the U.S., breaking bands left and right, and I think that when that happened, country filled that void for people, and as that sort of thing was starting to happen across the nation, country really added a lot of rock elements to it," he says.

Scully found that the narrative songs he had been writing his whole life lent themselves to this more rocking country sound. His voice is definitely closer to a grunge growl than a Tennessee twang. He began playing country songs on an acoustic guitar in a bar in Southie. As he built a following, he was also building a band, which in turn led to building even more of a following as he brought the band to the Sunday shows. Eventually this led to residencies at the Bell in Hand on Thursday nights and at Brighton Music Hall on Friday nights, the latter of which has a capacity of nearly 500.

"The one thing that we do is when we find a place, we build a crowd, and that takes a lot of effort. And sometimes that means playing three hours straight to make sure that if you've got 50 people in a bar, no one leaves because you took a break," says Scully. "We keep waiting for people to tell us they don't want us to play anymore, and it hasn't happened. We've all been in places where people have told us to go home. So for now, we're just going to keep showing up."



PAT HEALY @MetroBOS letters@metro.us If you go

Dalton and the Sheriffs

Thursdays, 9 p.m. The Bell in Hand 45 Union St., Boston Free, 617-227-2098 www.bellinhand.com

Fridays, 10:30 p.m. Brighton Music Hall Free, 800-745-3000 www.livenation.com

Secret identities

Taking a 'Backroad' to stardom

With the amount of gigs per year that Dalton and the Sheriffs play, you'd think the band members wouldn't need day jobs. However, two of the members have careers that required grad school, and with those careers, they prefer to keep a level of anonymity in their music that a name like Dalton and the Sheriffs provides, since no one in the band is named Dalton.

"We just tried to keep the two as separate as possible for as long as possible and it's getting a little bit harder now because we're playing a lot more high-profile shows and stuff like that," says Scully. "There's nothing that we do that we're embarrassed by, but it's just one of those things we try not to highlight."

One of the things that Dalton and the Sheriffs are highlighting is that starting this spring, they'll release a single each month, leading up to a release party at the House of Blues this summer. Their most recent single, "Flying Down a Backroad," cracked the iTunes country 200 charts in November.

Also onstage

Giraffage

Thursday, 8 p.m. Brighton Music Hall 158 Brighton Ave., Allston \$15, 18+, 800-745-3000 www.ticketmaster.com

Giraffage is the nomme de laptop of San Francisco electronic music producer Charlie Yin. His instrumental tracks are dense with samples, varying in tempo from chillwave jams to get-on-the-dance floor beats. He arranges the

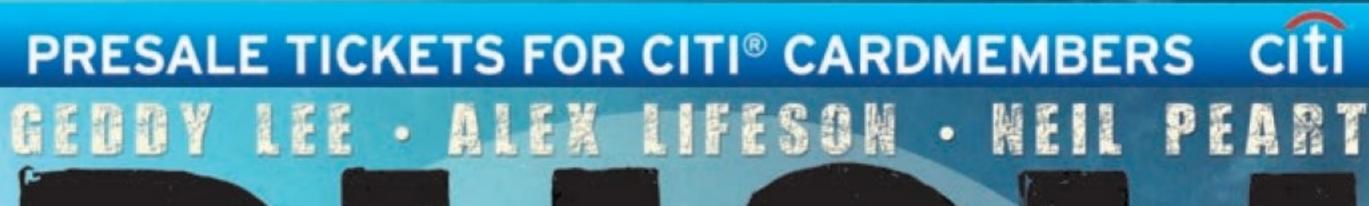


different parts like an art installation, full of shimmering kinetic widgets — less a song than a futuristic environment for the ears.

Forts/Gainsville

Friday, 10:30 p.m. Great Scott 1222 Comm. Ave., Allston \$8-\$10, 21+, 800-745-3000 www.ticketmaster.com In their bio, this duo, comprised of Brian Barthelmes and Matt Raskop, two members of the local band Tallahassee, describe their target audience as "fans of Fleetwood Mac, John Prine and hairy dudes." The Mac and Prine are good reference points for their '70s country-rock singer-songwriter style, while it's safe to say that if songs could grow beards, these would have some pretty sweet beards.

MATTHEW DINARO







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A new kind of frog prince

Review. The latest family-oriented show from imaginary beasts will keep audiences laughing.

Part of the fun of Imaginary Beasts' 2015 Winter Panto, "Kerplop! The Tale of the Frog Prince," is that the actors are enjoying themselves at least as much as the audience.

Designed to beat the winter doldrums, a panto is a playful adaptation of a traditional fairy tale that includes stock characters, contemporary references, singing, dancing and, most importantly, audience participation.

A panto should by its very nature be high-spirited, silly fun that encourages audience participation as it brings the story to a requisite happy ending. The Beasts pay great homage to the Victorian-era art form with a production rife with opportunities for kids of



all ages to boo and hiss the bad guys, cheer loudly for the good guys and generally behave in ways that are considered inappropriate in most theaters.

Along the way they enjoy references to local hot topics like the traffic-stopping protests and the possibility of Boston hosting the 2024 Olympics; all the while hearing messages about good triumphing over evil and the importance of substance over flash.

The story, a revised take on the frog prince, takes place in the Kingdom of Little Puddle, which is doomed unless Princess Aurelia marries before the total eclipse of the sun. While on his way to save the day by marrying the lovely princess, Prince Friedrich (Elizabeth Pearson) is turned into a frog by the evil Aquanetta (Michael Woods), her slimy accomplice Leech (Michael Chodos) and dim-witted son Wart the Water Troll (William Schuller).

Cross-dressing is an important part of any true panto and "Kerplop!" does not disappoint. Matthew Woods masters the art of cartoonish evil in his turn as Aquanetta, while Elizabeth Pearson shines as his antithesis, the charming Prince Friedrich.

Though not pretty, Joey Pel-

letier proves he's got the pumps to be Her Majesty, the Queen, doling out some of the performance's funniest impromptu quips, much to the delight of the audience.

Candido Clemente Soares' set is the perfect backdrop for this fairy tale and Deirdre Benson's sound is, as always, flawlessly executed.

If you're going to see "Kerplop!," note that it's general seating. Arrive early to give your kids the best seats.



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Horoscope

your time.

Aquarius | Jan. 21-Feb. 18 Be prepared to face opposition. Family members will not be happy with the number of hours you have been spending at work. Try to free up more of

Pisces | Feb. 19-March 20 Don't give away your secrets. You can prosper if you focus energy on your work and pres-

ent your accomplishments independently. You need to make professional changes. T Aries | March 21-April 20

You can make professional gains if you talk to your boss about your findings. Promotions will be yours if you have acted competently in times of crisis.

Taurus | April 21-May 21 Reading books on philosophy and self-awareness will bring about a definite change of attitude. You can influence those around you by sticking to your convictions.

Il Gemini | May 22-June 20 Your curiosity will force you to do some research. Your interest in a moneymaking opportunity looks prosperous, as long as you do your homework.

Gancer | June 21-July 22 Romance will find you if you participate in group events. Don't be too eager to talk about yourself. If you listen, you'll learn a great deal about others...

€ Leo | July 23-Aug. 22

Deception is apparent if you are dealing with your peers. Don't give away your secrets if you don't want them circulated. Jealousy is likely among co-workers.

W Virgo | Aug. 23-Sept. 22 You may want to change your direction. Don't be afraid to try something totally new. Your interesting approach to your work will be appreciated by the

right boss

▲ Libra | Sept. 23-Oct. 22 Don't be too quick to make decisions regarding legal matters. You will have to go over contracts with a fine-toothed comb. However, if it all pans out, you could sign the deal of a lifetime.

M Scorpio Oct. 23-Nov. 21 Expect your partner to be unstable. Empathy will be a must when dealing with loved ones. Give them a chance to explain the way they feel. You can probably help them by providing some tender, loving care.

₹ Sagittarius | Nov. 22-Dec. 21 Don't let love interests at work stand in the way of your performance. You need to do the best job possible if you want to hang onto your position.

Capricorn | Dec. 22-Jan. 20 Spend time making personal improvements that will help you feel better about yourself. Changes in your domestic scene will be necessary. EUGENIA LAST

Letters to the editor

Mug shots reveal an uncomfortable truth

Re: 'The wrong impression' (Metro, Jan. 27) in response to Mr. Glover's letter to the editor, the fact of the matter is that the Metro publishes mug shots of all criminal suspects regardless of race, creed, or national origin. Mr. Glover seems to be upset at the possibility that the majority of these suspects are

African-American. The news media has the responsibility to the public to publish these photos of these alleged wrong-doers.

I think what Mr. Glover REALLY wants is an exemption of mug shots for African-American suspects.

Ridiculous.

This so-called "wrong impression" stems from all the violence that goes on in African-American neighborhoods on a daily basis, not from the news media, not from mug shots. Face the reality. Deal with it. VINCE WASSIL, VIA EMAIL

Article puts fears for young woman to rest

Re: 'Young and homeless in South Station's warmth' (Metro, Jan. 28) I was relieved to see that Jade Hosie is still alive. Like Jade, I have been homeless in Boston for just over two years, and spent many nights at South Station.

Unlike Jade, I'm not young; I have a daughter Jade's age and I connected with Jade's mom before she passed in September 2013.

Jade gave me a cupcake the first time I met her.

She is a good soul. I lost touch with Jade last year, and feared the worst. I was recently accepted into the Moving Ahead Program at St. Francis House, which provides 16 weeks of sober housing and vocational training. I am grateful.

BONNIE DWYER, VIA EMAIL

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

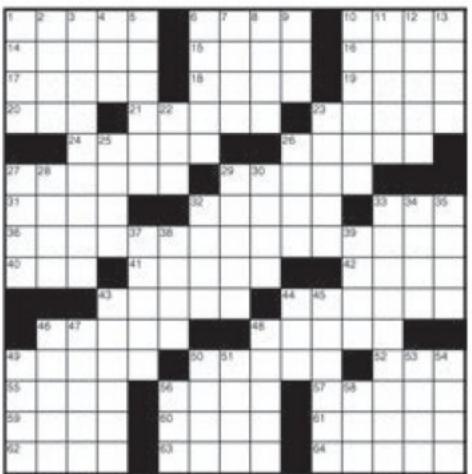
Sudoku: Easy and hard

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						4		1
1				4				3
			7		5		9	
5	3		6	9			4	7

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Education/Dating Editor Lakshmi Ghandi, lakshmi.gandhi@metro.us

Across

- 6 Hound's trail
- 14 Rodeo venue
- 15 Paper toy
- 16 Mental power
- 18 Rara -

- 24 Hits the fridge
- range)
- 27 Grated
- 32 Almond confection
- 33 Pollen spreader

- 42 BBs

- 1 Play guitar
- 10 Stole

- 17 Name in jeans
- 19 Newsman Abel
- 20 Literary monogram 21 Georgetown alums
- 23 Vex
- 26 Sierra (Mexican
- 29 Purifies water
- 31 Cow-headed goddess
- 36 Go over with a --
- 40 Follow closely
- 41 "- la vista!"
- 43 Floats on a breeze

44 Sikh headwear

- 46 Looks at
- 48 Brainy club
- 49 Lahr and Parks
- 50 Brief review
- 52 Mme. in Madrid 55 Graceful horse
- 56 Mich. neighbor
- 57 Room at the top
- 59 Film terrier 60 Brand for Bowser
- 61 Kind of potato
- 62 Crystal-gazer
- 63 Withhold
- 64 Cute

Down

- 1 Ice melter
- 2 Uno y dos
- 3 Turning around 4 "Corn" intro
- 5 Golfer's iron
- 6 Rubber-stamps

- 7 Aria performer
 - 8 Elevator pioneer 9 Musical notes
 - 10 Wool fabrics 11 Fuel tanker
 - 12 Uniform color
 - 13 Kandinsky contempo-
 - 22 Spooky, maybe
 - 23 Grew ashen
 - 25 Basilica area
 - 26 Wee parasite 27 Falling out
 - 28 A chunk of the globe 29 Fiberglass bundles
 - 30 Job-safety org.
 - 32 Upright timber
 - 33 Pompous
 - 34 The avenging Mrs. Peel 35 Poet's black
 - 37 Becomes friendlier 38 Lummoxes
 - 39 Freeway cloggers 43 Hotel-suite amenity (2 wds.)
- 44 Kind of party

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your

smartphone and hold the screen over the puzzle.



- 50 Exasperate 51 NFL broadcaster
- 53 Jeopardy 54 Stiff and sore
- 56 Bankroll
- 58 Capote on Broadway

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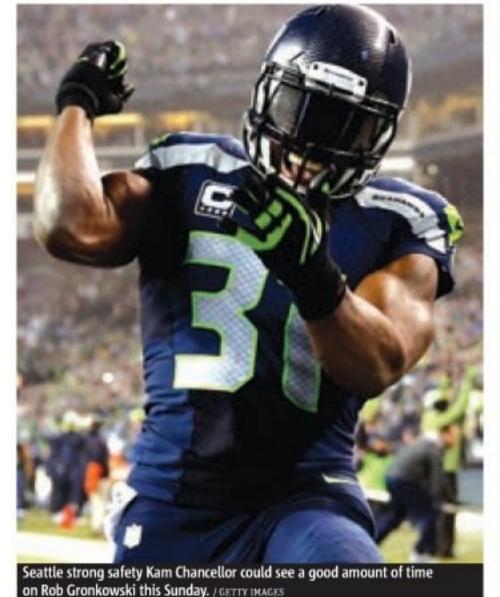


Seattle 'D' brings the boom

Super Bowl XLIX. The Seahawks' defense ranks among the best of all time in the NFL.

Last year's Super Bowl pitted the greatest single-season offense in NFL history in the Denver Broncos against these very same Seahawks, who turned in one of the greatest single-season defensive efforts in league history. This year's Patriots aren't far behind Denver in terms of offensive potency.

Should Seattle best New England, one could argue that this current Seahawks defense is the greatest of all time. Now, for the old-school football fans, there's still nothing coming close to the mid-1980s Chicago Bears defense, or the 1970s "Steel Curtain" outfits that carried the Pittsburgh Steelers to four Super Bowl wins. But when considering the era in which the Seahawks dominate, it's not



such a far-fetched thought. Today's league makes it nearly impossible to field a great defense, as the stringent passcoverage rules take away a defensive back's aggression and physicality.

"The way they create com-petition, find players and develop players [is impressivel," Patriots head coach Bill Belichick said. "I've definitely taken things from it, tried to apply it to our team. They are very consistent."

During the course of the last three years, 31 of the 32 NFL teams have allowed more than 10,000 passing yards. Seattle is the lone exception, as it has allowed fewer than 9,000. During this three-year stretch, the Seahawks have allowed an average of 282.3 vards per game, while the other 31 teams have allowed an average of 350.1 - with no other team allowing fewer than 310. And, since 2012, the Seahawks have allowed 15.2 points per game. Only one other defense (the San Francisco 49ers, 18.4) has alBy the numbers

The Seahawks' defense is one that gets better as the game progresses. The Seattle 'D' has allowed just 3.8 points per game in the second half since the beginning of December.

lowed fewer than 20 points a game during that time, and the other 31 teams have allowed an average of 23.2. Seattle has led the NFL in fewest points allowed in each of the past three seasons, becoming the first team to do so since the Minnesota Vikings (1969-71). The Seahawks have also led the NFL in fewest yards allowed in each of the past two years. Since the NFL-AFL merger, the only other defense to lead the league in fewest points and yards allowed in consecutive seasons was the 1985-86 Bears.

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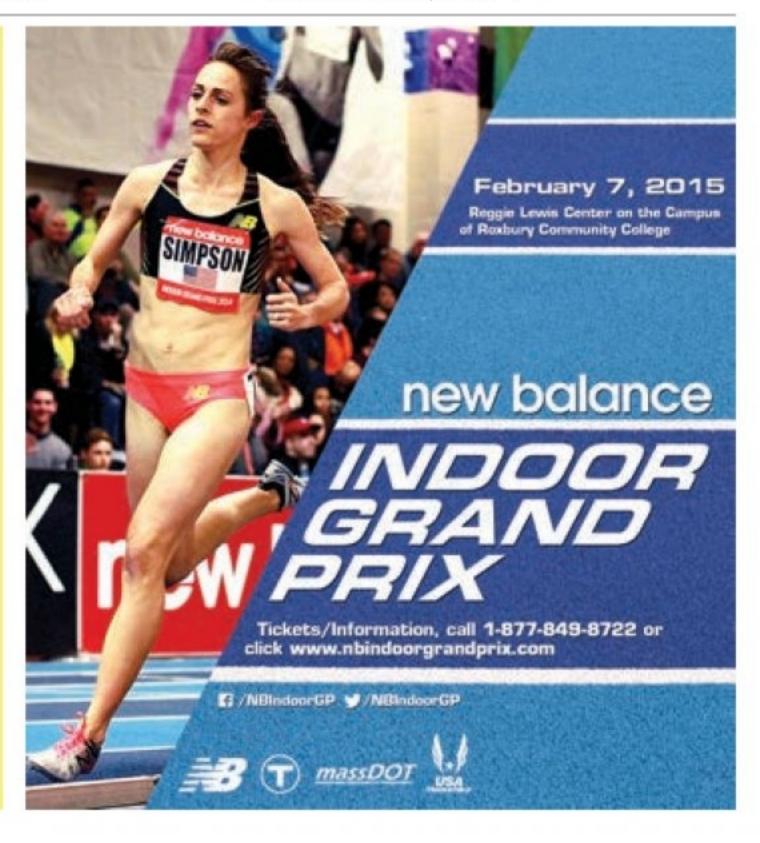
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Super Bowl XLIX

Brady fighting through cold

Tom Brady's two weeks of preparation for Super Bowl XLIX have not gone as planned. Last week, the Deflate-gate scandal exploded on a national scale and this week, the Patriots' superstar quarterback is battling a cold.

"I've had it for four to five days. My kids got sick and my wife's pretty sick right now," Brady said Wednesday as he wiped his nose with the sleeve of his shirt. "I brought it, unfortunately, to Phoenix, but I'll be fine. I'll be good."

Despite the distractions, Brady said Wednesday that he feels as though he's just about ready to face Seattle's tough defense.

"I've watched more film than I think I've ever watched in my life," Brady said. "I feel like I know these guys pretty well. I know how they play. ... They have good players and a great scheme, and they have very good coaching.

You can see everything is

this team." MATT BURKE

very well-conditioned with

Patriots own best defense they've had during title run

Super Bowl XLIX. The Pats' defense has been stingy all season long.

While the Patriots' offense is the group that grabs the major headlines, their defense is again at an elite level.

Any unit that's lorded over by Bill Belichick will always find a way to compete. Remember, this is a coach who's a magician at squeezing the best out of mediocre talent — like when he used receiver Troy Brown to play cornerback. So, when he has talent to use (cornerbacks Darrelle Revis and Brandon Browner, defensive linemen Chandler Jones and Vince Wilfork, to name a few), good results seem to come easy.

Seahawks head coach Pete



Chandler Jones will be looking to dance toward his first Super Bowl ring this Sunday in Glendale, Arizona. / GETTY IMAGES

Carroll, also known for a keen defensive mind, gave kudos to New England's budding defense, and noted that any defense guided by Belichick will be a force.

"Coach Belichick for years has been a guy that really varies his game plans as he sees fit for the opponent — more so now than I recall them playing," Carroll said. "They play a lot more man-to-man than they used to, and I'm sure that has come about because of his confidence in the corners. So, that stands out as something that they have focused on — and [former Seahawk] Brandon [Browner] has really added to that as well."

Seattle undoubtedly has the better defense heading into this game, but if the aforementioned Patriot defenders play to their abilities, this may go down as one of the most entertaining low-scoring affairs in Super Bowl history.

Seattle is a ball-control offense, with a strong running game, so if it is to befuddle the Patriots, it'll need to gain explosive plays off of read-option sets and limit its turnovers. The Seahawks didn't do the latter in the NFC Championship Game against Green Bay as they turned the ball over five times. That's something that can't happen against a Patriots defense that finished tied for second in the NFL this season with a plus-12 on the takeaway/giveaway charts. One weakness the Patriots can exploit is Seattle's pass protection - specifically rookie offensive tackle Justin Britt, who has had trouble as a pass blocker.

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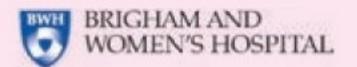
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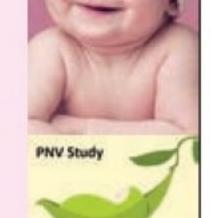
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